

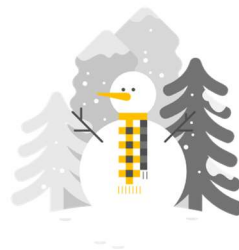


### ANNOUNCEMENTS:

- **The next Social Emotional Lesson** will be on *Harnessing Your Strengths* on Monday, Dec 14<sup>th</sup>.
- **Thank you for your feedback!** Many of you have already completed the Student Support Team so we can know the best ways to help our students. If you haven't yet, please make your voice heard by Dec 18<sup>th</sup>:  
<https://forms.gle/Cxj1F6HVCj2nJ6nP8>
- **Office Hours Contest:** The Student Support Team will be sponsoring contests to encourage the continued engagement of our students. Our first contest will recognize those students who attend office hours the most!  
<https://docs.google.com/document/d/1xTgGDzJ8kvA9BVo1dCtngAgXwMXI0rGXcVeLWSWrN5U/edit>  
Look for more information to come after the break.
- **Math Tutoring** will Meet on Mondays from 1:30-2:30 and on Thursdays from 2:45-3:45. For more information or to sign up, please contact the staff sponsor: [stephanie.smith@apsva.us](mailto:stephanie.smith@apsva.us)
- **Want more information on Canvas** and other ways to help navigate your child's academics? Join a TJMS Back to Basics workshop, offered in multiple languages. More information and recordings from previous sessions can be found here: <https://jefferson.apsva.us/post/back-to-school-basics-for-parents-on-12-7-and-12-14-at-630pm/>
- **Virtual Career Lunch:** we would like to start hosting some opportunities during lunch for students to hear from people in a variety of careers. If you know of anyone who would be willing to share what they do, please contact [susan.russo@apsva.us](mailto:susan.russo@apsva.us). The Virtual Career Lunches will be 30 minutes and dates are flexible!

### ONGOING RESOURCES:

- **TJMS Website – Counseling Tab:**  
<https://jefferson.apsva.us/counseling/jefferson-school-counseling/>
- **Virtual Calming Room:**  
<https://sites.google.com/apsva.us/tjmscalmroom/home>
- **School Meals** for ALL students provided M/W/F 11am-1pm at 21 locations:  
<https://www.apsva.us/school-year-2020-21/meal-services/>
- **Parent Resource Center:**  
<https://www.apsva.us/special-education/parent-resource-center/>
- **Community Supports:** <https://vacopes.com/>  
<https://departments.arlingtonva.us/dhs-service-delivery-modifications-due-to-covid-19/>



### STUDENT SERVICES TEAM:

Name	Role	Contact Info	Office Hours
Ms. Amelia Black	8 <sup>th</sup> Grade Counselor	<a href="mailto:Amelia.black@apsva.us">Amelia.black@apsva.us</a>	M-F 9-10 am
Ms. Elizabeth Brady	School Social Worker	<a href="mailto:Elizabeth.brady@apsva.us">Elizabeth.brady@apsva.us</a> Work cell 571-419-4124	M-W 2:30-3:30 pm
Ms. Jasmine Burton	7 <sup>th</sup> Grade Counselor	<a href="mailto:Jasmine.burton@apsva.us">Jasmine.burton@apsva.us</a>	M-F 11:30 am-12:30 pm
Ms. Kim Chisolm	Substance Abuse Counselor	<a href="mailto:Kim.chisolm@apsva.us">Kim.chisolm@apsva.us</a>	Fridays @ TJMS
Mr. Dante Hicks	Director of Counseling	<a href="mailto:Dante.hicks@apsva.us">Dante.hicks@apsva.us</a>	
Dr. Tanya Moncrieffe-Heath	School Psychologist	<a href="mailto:Tanya.moncrieffeheat@apsva.us">Tanya.moncrieffeheat@apsva.us</a>	M,T 1:30-2:30 pm, F 9-10 am
Ms. Ana Rodriguez	EL Counselor	<a href="mailto:Ana.rodriquez2@apsva.us">Ana.rodriquez2@apsva.us</a>	M,T 12:30-1:30 pm
Ms. Susan Russo	Program Counselor	<a href="mailto:Susan.russo@apsva.us">Susan.russo@apsva.us</a>	M,T,F 2-3 pm
Ms. Peggy Sabouni	Interlude Counselor	<a href="mailto:Peggy.cole@apsva.us">Peggy.cole@apsva.us</a>	
Dr. Tiffini Woody-Pope	6 <sup>th</sup> Grade Counselor	<a href="mailto:Tiffini.woodypoppe@apsva.us">Tiffini.woodypoppe@apsva.us</a>	M-F 8:30-9:30 am

**If you are in crisis: Call 9-1-1 or call Arlington Emergency Mental Health: 703-228-5160**